

Climb for Air

Warm-Up

By Fitness Rehab

www.FitnessRehabSacramento.com

Box Jump, Burpee, Dumbbell Swing

5 min: 1 Box Jump, 1 Burpee, 1 Dumbbell Swing, 2 Box Jump, 2 Burpees, 2 Dumbbell Swing, 3 Box Jump, 3 Burpees, 3 Dumbbell Swing, etc.... for 5 minutes

Box Jumps

Target	Cardiovascular conditioning, Glutes, Hamstrings and Quadriceps
Action	With two feet, jump onto a box 18-22 inches high, land softly with soft knees and entire foot. To exit bench, extend hips while before pushing off box or in mid-air. Gently land on the ground: toe, ball, heel. Repeat as quickly as possible.
Modification/Variation	Step-ups are no longer an option! Lowering the step or jumping onto the curb is optional.

Burpees



Target	Glutes, Core, Legs Added Benefit: Invokes great cardiovascular response
Action	Start in a standing position, feet hip width apart. Crouch down and place hands on either side of feet, jump feet out into a plank, jump back in, then stand up.
Modification/Variation	To increase intensity and add more target muscles (chest and arms), add a push up from the plank position.
Modification/Variation	To decrease intensity: Hold plank for 1 minute in lieu of push-ups. Decrease range of motion in elbows (any bent—no matter how slight—counts as a repetition). Place hands on a step or elevated surface. Perform push up on knuckles if action aggravates wrists.

Dumbbell Swings



Target	Glutes, Core, Quadriceps, Shoulders Added Benefit: Invokes great cardiovascular response
Action	Start in sumo squat stance holding dumbbell laterally between thighs. To begin the movement of the dumbbell, squat deeply pushing hips back until the dumbbell is well clear of groin. Stand up out of squat, thrust hips forward, and swing the dumbbell as high as possible. The momentum of the squat-thrust should carry the dumbbell skyward in order to limit the workload of the arms.
Modification/Variation	It is not necessary to lift dumbbell overhead to still gain conditioning benefits.

Stretch Calves (straight knee and bent knee), Quadriceps , Hamstrings and Gluteals before and after workout.